



# COVID-19

## ADVISORY No. 42

April 20, 2020



**ANVAYA  
COVE**  
Seaside Leisure Community

# LOW RISK ISN'T NO RISK



Even if you are less than 60 years old and do not have an underlying health condition, you can still become sick with COVID-19.



Clean your hands often



Cough or sneeze in your bent elbow – not your hands!



Avoid touching your eyes, nose and mouth



Limit social gatherings and time spent in crowded places



Avoid close contact with someone who is sick



Clean and disinfect frequently touched objects and surfaces

**We ALL need to fight COVID-19.** Anyone can get infected and spread the disease to others. Some young, healthy people have become seriously sick, and some have even died. Low risk isn't no risk. Follow this advice to protect yourself and others from the new coronavirus.